



Cook time: 25 mins

Serves: 4

Prep time: 15 mins

Shroom Sliders

Ingredients

- 45ml canola oil*
- 375g shiitake mushroom
- 90g onions
- 20g garlic, minced
- 4g chilli powder
- 2g salt
- 2g black pepper
- 2g oregano
- 75g wholemeal flour*
- 2 eggs, beaten
- 300g lettuce, sliced
- 150g tomato, chopped
- 135g cucumber, sliced
- 6 wholemeal burger buns (mini)*

*Choose products with the Healthier Choice Symbol.

Tips:

- This recipe is great for children as mini wholemeal burger buns are the perfect serving size for a kid's meal.
- As this is a vegetarian dish, no meat is used. To increase protein intake, serve this with a glass of healthier choice soya bean milk.

Method

- Heat up frying pan with 15ml oil, add mushrooms and stir fry until fragrant.
- Add onions and garlic, fry for 1 min then season with salt, black pepper, chilli powder and oregano.
- Cook the mushroom mixture for a further 10 mins until dry.
- Transfer the cooked mushroom mixture to a cutting board and chop into small chunks. Leave to cool.
- Mix wheat flour, mushroom mixture and eggs in a large bowl.
- Moisten hands with a little oil, pick up $\frac{1}{4}$ cup of mixture, and form the burger patty.
- Heat up the pan with 15g oil and pan-fry the burger patty on both sides for 5 mins until browned. Repeat this process for the rest of the patties.
- Serve mushroom burger patty with wholemeal burger bun and vegetables.

Nutrition Information (Per Serving):

Energy: 303kcal
Protein: 10.5g
Total fat: 10.8g
Saturated fat: 2.7g
Carbohydrates: 38.3g
Dietary fibre: 5.9g
Sodium: 462mg